

InsideOut recognizes that all change occurs from the *inside out*.

InsideOut provides a sanctuary where you will experience evidence-based practices to enhance your health and assist with the effects of traditional



treatment modalities. At InsideOut, we will help you identify holistic healing options while empowering you to take control of your own health and wellness.

Our environment is designed to be therapeutic and supportive by providing complementary and integrative healing arts such as **Reiki**, **hypnotherapy**, and **meditation**. InsideOut offers a unique perspective and inclusive mind-body services. You will always be heard at InsideOut and your plan of care will reflect your best health and healing interests.

Among our services, InsideOut offers **thermography**, a safe and painless adjunctive diagnostic procedure that uses an infrared camera to detect sites of physiologic dysfunction, e.g. abnormal tissue growth in the breasts and throughout the body.

Located in Byfield, Massachusetts, InsideOut was founded by holistic health and wellness expert Janice Anderson—the only certified clinical thermographer in the country who is also a nationally board-certified holistic RN.

Directions:

Interstate Route 95, Exit #55

InsideOut

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Janice Anderson
BA, RN, HN-BC, CCT, ACHt., RMT

Make the rest of your life, the best of your life!



Digital Infrared Thermographic Imaging (DITI)

Thermography—also known as DITI—is a noninvasive, painless, and safe adjunctive diagnostic procedure in which a Meditherm infrared camera is used to record

thermal patterns and temperature variations on the surface of the body, producing real-time digital images (thermograms) that reveal sites of physiologic dysfunction and/or abnormal tissue growth, as well as nerve and vascular changes that are invisible to xray and MRI.

A thermogram can be taken of the whole body or a region of interest, such as the breast, abdomen, or carotid. The digital images are compiled and sent electronically to a certified thermologist/MD for interpretation and reporting. Within a few days, the color images and report are sent to you as well as your referring practitioner, if desired.

Thermography is the only method presently available for visualizing pain and is unique in its capability to show physiologic change and metabolic process. Your initial screening will establish a baseline thermal image that will be archived and remain available for future comparison. Experts recommend that you be re-screened annually to monitor for any evolving areas. If abnormalities or concerns are evident, InsideOut can provide you with consultation and advocacy, as needed.

Thermography provides information about:

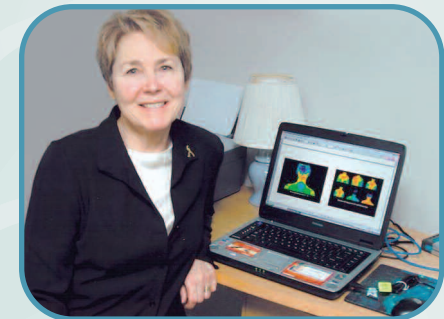
- * acute, as well as chronic conditions
- * normal and abnormal functioning of sensory and sympathetic nervous systems
- * vascular dysfunction
- * myofascial trauma and local inflammatory processes
- * breast health/physiology

Thermography is used:

- * To help make informed decisions regarding the need for further treatment
- * To visualize the physiological component of pain, injury or illness/disease
- * To provide early warning of potential health issues
- * To identify the originating source of neuropathic dysfunction
- * To support the existence of a suspected condition
- * To aid in accurate diagnosis and treatment
- * Thermography is cost-effective, risk-free, and FDA-approved. No referral is required.

Holistic Health & Wellness Services

- * Reiki Clinic & Classes
- * Pre/Post Surgical & Treatment Sessions
- * Meditation
- * Stress Reduction
- * Relaxation
- * Corporate Wellness
- * Weight Management
- * Smoking Cessation



Janice Anderson, BA, RN, HN-BC, CCT, ACHt., RMT is the founder of InsideOut. As a nationally board certified holistic RN, she focuses on mind-body modalities in her private practice, as well as full body and region of interest (e.g. breast) thermography. Sessions are by appointment only, in person or via telephone.

To schedule an appointment or for more information, please call 978.270.2005

Your thermal fingerprint is unique to you!